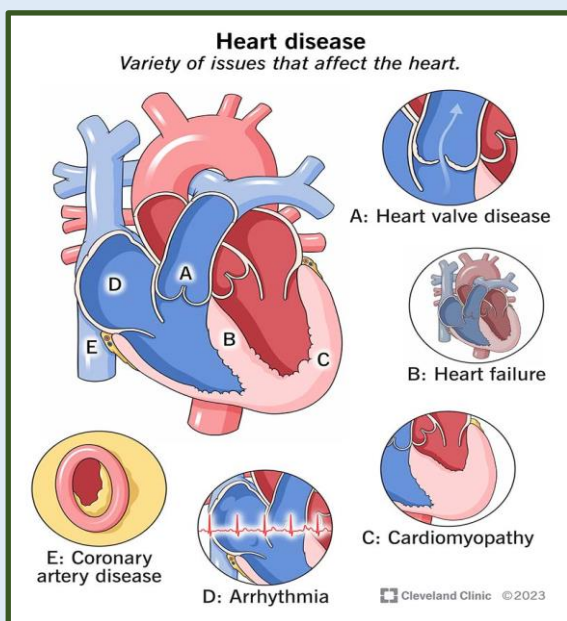


# Healing Heart Disease Through Rajyoga Meditation

## Introduction:

Heart disease is a catch-all phrase for a variety of conditions that affect the heart, blood vessels and how it works. Heart diseases are many types and can affect different parts of the heart like heart muscle, valves or electrical system. When heart is not working well, it has trouble sending enough blood, oxygen and nutrients to the body. In a way, the heart delivers the fuel that keeps our body's systems running. If there is a problem with delivering that fuel, it affects everything our body's systems do.

There are several types of heart disease, including coronary artery disease, heart failure, arrhythmias,



valvular heart disease, cardiomyopathy, and pericardium. Coronary artery disease (CAD) is the

most common type and occurs when the blood vessels that supply oxygen and nutrients to the heart become narrowed or blocked due to the buildup of plaque. This can lead to chest pain (angina), heart attacks, and other complications.

Cardiovascular disease is the leading cause of death worldwide and in the U.S. It affects people of all ages, sexes, ethnicities and socioeconomic levels. About 20.5 million U.S. adults have coronary artery disease. In 2021, heart disease caused 1 in 5 deaths. That's nearly 700,000 people.

There are different symptoms of heart disease depending on what is wrong. Heart disease symptoms may include Pounding or racing heart (palpitations), sweating, lightheadedness, shortness of breath, dizziness or sudden unexplained loss of consciousness, chest or upper body pain, pressure, heaviness or discomfort, neck pain, heartburn or indigestion, nausea or vomiting, swelling in your lower body, exhaustion, difficulty sleeping, inability to handle exercise, fever. Early warning signs of heart disease include chest pain, shortness of breath, swelling in your legs, fatigue, dizziness, fainting unexpectedly or near-fainting repeatedly.

It is essential to adopt a heart-healthy lifestyle, manage risk factors, and seek medical care to prevent and manage heart disease effectively. By taking proactive steps, individuals can reduce their risk and improve their overall cardiovascular health. There are many risk factors for heart disease. Some are controllable and others are not. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. Several other medical conditions and lifestyle choices can also put at a higher risk for heart disease, including diabetes, obesity, unhealthy diet, physical inactivity, excessive alcohol use. Smoking, for example, is a controllable risk factor. Risk factors that are not controllable for heart disease include: family history, ethnicity, sex, age. Along with this, mental causes like stress, anxiety, worry, trauma, fear are also responsible. Therefore, we call it a lifestyle disorder. Therefore, unless we change our lifestyle, related to the reasons mentioned above, it is difficult to treat or prevent heart diseases. Despite numerous medical advances and intensive efforts in the prevention and treatment of atherosclerosis, cardiovascular disease remains a leading cause of morbidity and mortality. No satisfactory results are visible. In medical science, it is also believed that a person's distorted lifestyle is

most responsible for this disease. Therefore, along with the traditional medical treatment of this disease, if interventions like yoga, meditation and appropriate lifestyle modification are used, then promising results can be achieved. There are many meditation practices available. But the Raj yoga meditation practice offered by Brahma Kumaris university has proved to be a very effective intervention as an adjunct to recovering from and preventing heart disease. Also, it has no or low costs, and poses no apparent risk.

### **Meditation Practice:**

In this Practice, first of all completely relax the body by adopting one of the relaxation methods and stabilize the mind in alpha state. After that, you connect with your subconscious mind and then program the subconscious mind using the methods of auto suggestion and visualization. Our sub conscious mind being emotional, if emotions and feelings of our heart are added during the meditation practice, we can get very effective and quick results.

## Relaxation of mind and body:

Sit in comfortable posture. Start breathing deeply. Inhale and exhale slowly. When you inhale let your belly gradually come outward and when you exhale let your belly go inward. Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively. Hope you are sensing this. Enhance your concentration on your breath and now try to experience the coldness of the air, which you are breathing in and the warmness of the air, which you are



breathing out. Hope you are experiencing this. Now your mind is fully concentrated, stable and peaceful. Now withdraw your attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead. At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.

## Now affirm along with this visualization:

“I am neither this physical body nor the subtle body... But I am a soul, a point of light just like twinkling star... I am an eternal, immortal, indestructible entity... Originally, I, the soul, am pure, peaceful, powerful, blissful and joyful.... Love and happiness are my innate original nature... I am pure and powerful being... I am the child of the almighty supreme father *SHIVA*, who is ocean of peace and power... Hence I am the master of ocean of peace and power... The peace world (*PARAMDHAM*), comprising of six elements (*BRAH*), is my original abode.... Being the resident of peace world how can I be peaceless.... Here in the peace world, there prevails eternal golden red divine light, complete stillness and immense peace all around... I, the peaceful soul, experiencing immense eternal peace here... Here my most beloved spiritual father God *SHIVA* is just in front of me.... The powerful vibrations of peace and power are spreading all around from the divine star, supreme father *SHIVA*.... Some of the vibrations are touching and absorbing in me .... I am experiencing profound peace and power in me.... I am fully absorbed in deep tranquillity.... Now I am feeling fully charged with all powers.... The

powerful vibrations of peace, love and power are radiating from me and spreading through out my body....

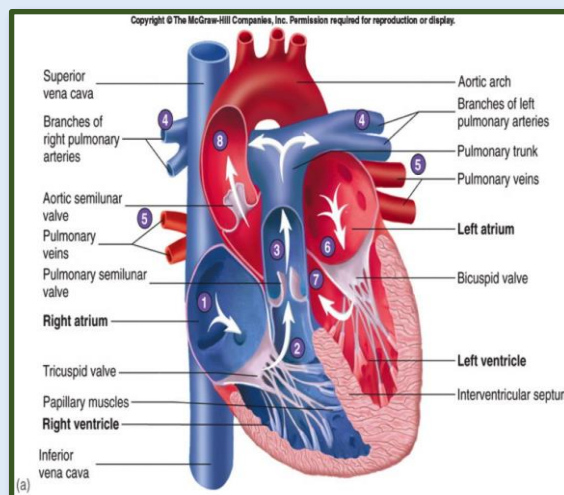
Seated at the centre of the brain, I, the soul, am in the vicinity of most vital organs of my body, the hypothalamus and pituitary gland.....



Hence these organs, along with the heart, are highly influenced by the peaceful and powerful positive vibration radiating from me... Now I am completely free from negative emotions like jealousy, malice, hatred, stress and anxiety... Now I concentrate on my heart located on the left side of my chest cavity like a closed fist, *affirm and visualize that...*

“My heart is completely healthy and strong... and is functioning normally with its full capacity... all the blockages in my coronary arteries are gradually going away... All the arteries of the heart are now becoming clean and are supplying adequate amount of blood to my heart muscles... All the arteries of the heart have now become flexible enough to allow blood to pass

through it easily.... Through the blood, every cell of my heart is getting adequate oxygen and nutrients... My heart rate becomes normal... All the four heart valves working efficiently.... Both aorta and ventricles are **contracting/functioning** properly.... And with every heartbeat and contraction, enough blood is being pumped into the aorta in right direction... Oxygen-rich blood flowing from the aorta passes through branches, sub-branches and capillaries of arteries.... and it delivers nutrients and oxygen in sufficient quantity to every cell in my body... My



circulatory system is working smoothly... My Upper (Systolic) as well as lower (Diastolic) blood pressure is also normal...

*After the above contemplation and visualization, make a firm determination for the following things:*

My desire to adopt a heart-healthy lifestyle and stress-free life is now growing stronger... I wake up

early in the morning and go for a walk every day.... Walking for half an hour every day has become a part of my life... I feel more energetic... I do physical exercise daily... The desire to follow a heart-healthy diet is increasing... My interest in eating sprouts, green vegetables, and various fruits regularly is increasing. ...I now eat less salt.... I avoid processed, fried and high sugar foods....my diet includes low fat and high fiber... My blood sugar is well controlled.... My body weight and BMI are within normal range... I can keep my mind calm and stable... My thoughts and emotions are pure and positive... My sleep cycle and quality are improved... I get relief from stress and anxiety... My life is becoming more disciplined, happy and blissful... All my relations are love full and harmonious...

Practice the above psychological method of programming the subconscious mind for fifteen minutes three times a day. Doing this practice for at least two months will have a deep impact on the subconscious mind which boost the inner healing power of the body and helps in faster recovery and prevention of heart diseases. Along with this, if the practice of Rajyoga meditation is also done daily, then effective results can be obtained.

In Rajyoga meditation, first we detached from body consciousness

and stabilized ourselves in soul conscious state. After that, by establishing love-filled connection with supreme soul almighty God, shiva, we become endowed with divine powers and virtues, and can easily experience ultimate peace, love, happiness, and bliss. This feeling has a very positive effect on our body



and mind, which improves a host of factors linked to heart disease, including stress, anxiety, depression, poor sleep quality, and high blood pressure. Raj yoga Meditation helps to foster happiness and emotional wellness and develops the wisdom needed to live a more meaningful and fulfilling life. You can take the training course of Rajyoga meditation absolutely free of cost in an organization like Brahmakumaris. Do try this practice, not as a substitute or replacement, along with your medical treatment, surely it will be beneficial in recovering from heart diseases and maintaining the wellness of cardiovascular health.

..... **Om Shanti** .....

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